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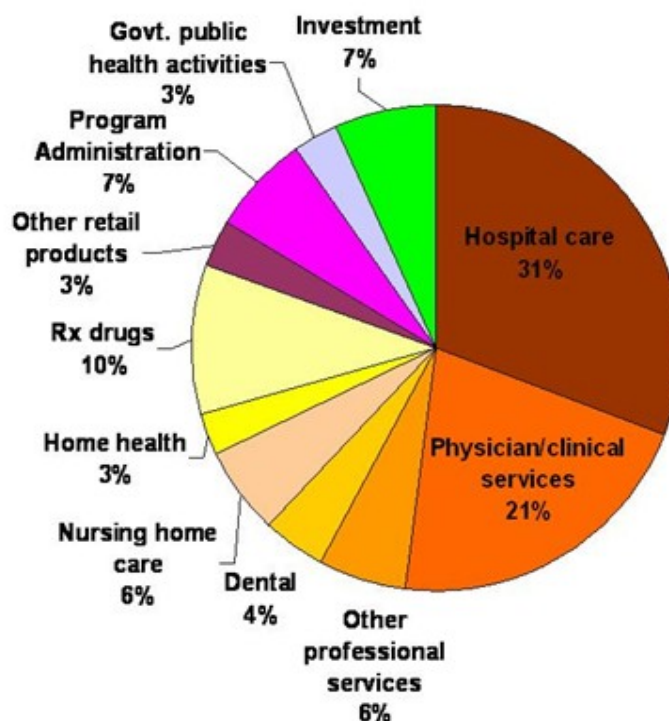
## Our mission:

To provide efficient, effective and openly responsive municipal services to all citizens while promoting responsible economic development, preserving our heritage and enhancing our quality of life, and creating a better community.

## WELLNESS AT WORK

National health care costs have been rising for several years, and the statistics are startling:

- U.S. healthcare costs doubled from 1990 to 2001 and are projected to double again by 2012;
- Four of the ten most costly health conditions are related to heart disease and stroke. People with heart disease and heart disease risk factors cost employers thousands of dollars more than healthy individuals each year through higher insurance;
- Of the \$5000 per employee the average employer spent on health care in 2001, more than 95% was spent on diagnosis and treatment and no more than 1-2% in prevention
- In 2008, U.S. healthcare expenditures topped \$2.3 trillion. How those dollars were spent are illustrated in the chart below:



Source:  
Centers for  
Medicaid and  
Medicare  
Services, Office  
of the Actuary,  
National Health  
Statistics Group

## WELLNESS AT WORK *(continued from page 1)*

Many people mistakenly think that there's nothing they can do to combat these increasing expenses. But that's not true. Studies show that wellness programs are proven to be an effective way for employees to take control and help contain these costs from rising at such an alarming rate.

Wellness is important from an employer perspective as well. Studies have shown that employees are more likely to be on the job and performing well when they are in optimal physical and psychological health. Employees are also more likely to be attracted to, remain with, and value a company that values them. Employers see many other benefits from healthy employees including:

- a 28% reduction in sick leave absenteeism;
- an improvement on-the-job time utilization and decision making;
- an improvement with employee morale, which leads to a reduction in turnover;
- a 30% reduced worker's comp claims and disability management; and
- a 26% reduction in use of the health care benefit

Many employers are beginning to realize the importance of providing their employees with tools and resources to help them manage their physical well-being by developing "worksite wellness" programs. Worksite wellness is most often described as a series of non-medical, life quality-enhancing interventions at job sites.

The City of Gulfport has also embraced this trend and in January of this year the health insurance committee decided to initiate a wellness program for our employees.

The first step was to create a team of employees who would have a role in program development, implementation and evaluation.

Our Wellness Committee consists of the following representatives:

**Christal Adams** - Municipal Court; **Kini Gonsulin** - General Administration, **Mark Burns** - Police Department; **Rob Enochs** - Police Department; **Billy Bragg** - Fire Department; **Jay Ellis** - Fire Department; **Bruce Griebel** - Public Works; **David D'Aquila** - Leisure Services; **Brittany Allen** - Leisure Services; **Nahoma White-Webb** - Urban Development; Cara Pucheu - City Council; and Butch Jordan - Former Chief Administrative Officer for the City of Gulfport. Our health insurance broker, Sherri Baker serves in a consultant role, along with administrative oversight from Human Resources Manager, Cheryl Millender.

Secondly, the wellness team would conduct an employee's needs assessment survey to determine what you, our employees, would like to see in wellness program.

During the month of February every employee was e-mailed or received a paper wellness survey to complete and return by February 26.

The committee is happy to report that we received a forty (40%) response.

From your feedback, the committee learned that you would like us to offer educational programs, to include nutritional and weight management programs. As far as the worksite changes, you would like the City to provide preventative wellness screenings, which would include blood pressure, body composition, cholesterol, etc, along with health risk appraisals.

Over the next year, your Wellness Committee will be working toward developing a comprehensive wellness program for you, our employees.

We have started by promoting the National Health Observance months, which focuses on a new topic each month via e-mail.

It is the vision of the wellness committee to engage city employees in personal wellness and healthy lifestyles. We will be communicating the various aspects of our wellness program, once fully developed.

The Wellness Committee's Mission Statement is to educate, support, and empower employees, dependents, and retirees to improve and maintain their health and well being through healthy lifestyle choices and to create a culture of wellness throughout all the departments. We will be providing you updates of our program components on a regular basis.

## GEMS Dazzle!



The City of Gulfport is proud to have loyal, efficient and dedicated employees who provide valuable services to our citizens. GEM Awards is an employee recognition program that celebrates employees who “Go the Extra Mile” and is designed to recognize individuals who have made extraordinary contributions in the workplace or community.

This quarter, six (6) individuals were recognized for their outstanding contributions:

- Chadwick Bryant, Fire Department—Outstanding Service
- Joan Head, Police Department—Outstanding Service
- Anita Petty, Urban Development—Safety & Heroism
- Lizzie Pribyl, Municipal Court—Innovation
- Mona Seymour, Public Works—Outstanding Service
- Cathy Williams, Human Resources—Innovation

Our GEMs attended a luncheon on February 11th at C&G Grille and were presented with a \$50 VISA gift certificate. The luncheon was sponsored by Island View Casino and the certificates were donated by Roy Anderson Corporation.

Read more about these winners by visiting the GEM Award section of the HR web page.

*Our GEMs (L-R): Anita Petty,  
Joan Head, Cathy Williams,  
Mona Seymour, Lizzie Pribyl  
Mayor Schloegel (center)  
Not pictured: Chadwick Bryant*



## Who's Next?

GEMS are easily recognized. They are the employees who consistently choose to achieve a higher level of performance and productivity by going beyond expectations of their regular job responsibilities; they work hard to provide exceptional service to internal and external customers; and/or they volunteer their time to make the City of Gulfport a better place to live, work and play.

The deadline for second quarter nominations is July 15th. Download an nomination form from the GEM Award section on the HR web page. **Any employee can submit a nomination; and employees may nominate an individual in another department.**

## Amnesty Program Really Pays Off! - by Jennifer Jones Snaer

Gulfport Municipal Court's (GMC) Amnesty Program ran from February 1 through March 15<sup>th</sup> and was a big success! The program was not only beneficial to the City by collecting unpaid fines, but also helpful to amnesty participants. It allowed defendants with past-due fines to come in and pay those fines without the fear of being arrested on outstanding warrants. The Amnesty Program was not just a way to collect old fines for the city; it was an opportunity for the public to handle their financial obligations and become legal to drive by clearing suspensions on their licenses by making it possible for nearly 210 people to have their licenses reinstated, which had been suspended due to old fines or violations. The top 3 traffic violations, for this year, from Jan 1<sup>st</sup> – April 1<sup>st</sup> were: No Proof of Insurance, Speeding, and Suspended Drivers License.

One defendant in particular no longer has to look over his shoulder anymore because he took full advantage of the Amnesty period. The Court's *most wanted* defendant, for outstanding fines, came in and paid off \$15,000! Overall, the Amnesty Program was a positive and productive experience for both defendants and the city.

In addition to the Amnesty Program, GMC is making it easier for defendants to pay their traffic violations. On March 3<sup>rd</sup>, GMC kicked off the city's first online payment feature. Individuals receiving traffic violations can eliminate the need to come to court if their violations do not require a mandatory court appearance. Payments can be made conveniently and securely online. Since this option became available a little over twenty people have taken advantage of using the online payment option; however, as word continues to get out we are expecting that number to increase. The online payment page can be reached through the city's homepage at <http://www.gulfport-ms.gov> and selecting the E-Pay computer icon to the right.



On December 15, 2009, **Vale-ria Seldon Ray** and her husband, Golman welcomed the newest addition to their family, Austin Golman Hilton Ray. **Val** works at GMC as a Deputy Court Clerk. Congratulations to her family!

## Spring has Sprung—fun facts

- Spring Break began in Ft. Lauderdale in 1938 as a forum for college swim teams. Today, the most popular destinations are 1) Panama City Beach, FL; 2) South Padre Island, TX, and Cancun, MX
- About 1.5 million college students participate in Spring Break every year. On average, students spend \$1,100 during the week, making the event a \$1.6 billion industry between Texas and Florida
- Around 60% of students on Spring Break have a run-in with a police officer and in 2004, there were 5,220 alcohol-related Spring Break arrests in Florida alone
- Daisy leaves are edible and can be used in salads
- Daffodils were brought to Britain by the Romans who thought that the sap from Daffodils had healing powers. Actually the sap contains crystals that can irritate the skin
- Over 4 million work days are lost each year as a result of hay fever and costs the U.S. health care system and businesses \$7.9 billion
- The greatest number of fishing trips are spent angling for largemouth bass (25 %), followed by catfish (17 %), crappie (15 %), and sunfish (11 %)





## Putting Out Fires: GFD Updates

- by Donna Ladner

On February 22, 23, and 24, Gulfport Firefighters participated in a Liquefied Petroleum Gas fire training course. The purpose of the course is to familiarize firefighters with the hazards associated with responding to LPG fires. Personnel from the Mississippi State Fire Academy presented responders with two different scenarios: a 250 pound Propane tank (similar to those found at residences) and a Propane delivery vehicle. The firefighters were trained in approaching and controlling fires in these types of tanks. The class was funded by a grant from the

Mississippi Liquefied Compressed Gas Board and Blossman Gas, and was administered by the Mississippi State Fire Academy.

## Community Awareness Classes

The Inspection division of the Gulfport Fire department has three primary responsibilities. They conduct on-site inspections of buildings & premises for compliance to City codes; they also assist in fire investigations to determine origin and cause of the fire; and they also have an active role in the community by working with local businesses & organizations to develop and facilitate fire education and prevention programs. During the months of March & April, Inspectors **Mike Liles**, **Richard Ritchie**, and **Randy Johnson** were once again out in force:

On March 20th, Inspectors presented fire extinguisher class for an adult education group at Gulfport High School for 20 attendees.

On April 12th, Inspectors gave a fire extinguisher class at the Courtyard Marriott for 73 of their employees.

Also during these months, a class was presented to Canon Hospice with 18 attendees.

## Chamber Names Firefighter of the Year

Congratulations to **Lieutenant Ken Miller** for being named as 2009 Firefighter of the Year by Gulfport Chamber. A recognition ceremony was held on March 24 that honored Lt. Miller's work on cases on which patients in cardiac arrest were resuscitated.



Above: Fire extinguisher class at Courtyard Marriott

## Actively Fighting Depression - *by Mike Bradley, Wellness Trainer*

The National Institute for Mental Health tells us that Depressive disorders affect approximately 18.8 million American adults or about 9.5% of the U.S. population age 18 and older in a given year.

If you're one of the millions coping with depression, exercise seems like the last thing they want to do. But once you get motivated, exercise can make a big difference. Many studies indicate that people who exercise regularly benefit with a positive boost in mood and lower rates of depression. That doesn't suggest that people who exercise regularly are exempt from depression but they are less likely to battle bouts of depression than sedentary individuals.

Improved self-esteem is a key psychological benefit of regular physical activity. When you exercise, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain.

For example, the feeling that follows a run or workout is often

described as "euphoric." That feeling, known as a "runner's high," can be accompanied by a positive and energizing outlook on life.

Endorphins act as analgesics – they diminish the perception of pain and also act as sedatives. They are manufactured in your brain, spinal cord, and many other parts of your body and are released in response to brain chemicals called neurotransmitters. The neuron receptors endorphins bind to are the same ones that bind some pain medicines. However, unlike with morphine, the activation of these receptors by the body's endorphins does not lead to addiction or dependence.

Regular exercise has been proven to help:

- Reduce stress
- Ward off anxiety and feelings of depression
- Boost self-esteem
- Improve sleep

Research has shown that exercise is an effective but often underused treatment for mild to moderate

depression.

Some examples of moderate exercise include:

- Biking
- Dancing
- Gardening
- Golf (walking instead of using the cart)
- Housework, especially sweeping, mopping, or vacuuming
- Jogging at a moderate pace
- Low-impact aerobics
- Playing tennis
- Swimming
- Walking
- Yard work, especially mowing or raking
- Yoga

Because strong social support is important for those with depression, joining a group exercise class may be beneficial. Or you can exercise with a close friend or your partner. In doing so, you will benefit from the physical activity and emotional comfort, knowing that others are supportive of you.

Contact your health care provider before starting an exercise program.



**Mike Bradley** has been contracted to manage our Fitness Center and assist employees with their personal fitness and dietary goals. In addition to over 15 years of professional experience in fitness and personal training, Mike is also certified in Biomechanics. He brings additional qualifications as a Personal Trainer, Physical Fitness Specialist and Master Fitness Specialist!

Mike will create a personal fitness plan specific to your needs and goals. Mike can be reached at (228) 669-9325 or at [mikebfitness@yahoo.com](mailto:mikebfitness@yahoo.com) to schedule a time for your schedule your assessment.

Send an e-mail to Mike with questions about the latest training techniques, nutrition, diet and weight loss questions. You'll find some of his answers in our next newsletter. Please note that Mike cannot make diagnoses or give specific advice for medical conditions.

## Put Some SPRING in Your Step With a Walk in the Park

The reclusive days of Winter are gone, and cold temperatures have given way to gorgeous Spring days on the Coast. As the temperatures continue to climb and the days get longer, it's a great time to get outside and get healthy. There are plenty of ways to use nature to get a workout that promotes all-around health.

One of the easiest ways to get the heart pumping is to walk. Walking is a low-impact, aerobic exercise that temporarily increases the heart rate and strengthens the cardiovascular system. It also helps to keep weight at a healthy level and protects against diabetes.

Walking can be done almost anywhere—in your neighborhood, on the beach, or—in a park. Did you know that Gulfport has seven parks equipped with walking trails and boardwalks located throughout our City?

- Bayou Bernard Park on Switzer Rd
- Francis Collins Park on Swetman Blvd
- James Hill Park on Switzer Rd.
- Willie Lock Center on 19th Street
- Bayou View Park on Harrison Circle
- Gaston Point Park on Mills Ave
- Westside Park on U.S. 90

Whether you're a beginner or a daily walker, these tips can help you get the most from your workout:

- Invest in good shoes
- Always warm up by walking at a slow or normal walking pace for five minutes before picking up the pace
- Pay attention to your heart rate and breathing. Walk at a pace that challenges you but don't overdo
- Use good posture. Swing your arms. Keep your head up, back straight and abdomen flat. Point your toes straight ahead. Take long strides, but don't strain
- Consider getting a pedometer to track the distance you've walked or the number of steps you've taken
- Carry water if you're walking long distances or are exercising in hot weather. In very hot weather you may need fitness drinks or other sources of electrolytes as well.
- In the heat of summer, wear sunscreen and a hat
- Vary your route if you're getting bored. To increase your fitness, add a route with some hills or changes in terrain. Or alternate routes on different days of the week

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### Prevention is Key

Preventive health means taking measures to prevent diseases rather than curing them or treating their symptoms.

Employees with medical insurance have annual wellness benefit of \$800.00 for each covered member. This benefit covers preventative care such as mammograms, pap tests, colon tests, prostate exams, and children's vaccinations. Wellness checkups are covered at 100% with no co-pay. However, if a diagnosis is made during your wellness visit, then the visit is no longer wellness, and is classified as diagnostic, and the co-pay amount will be applied.

To make your \$800.00 stretch further, obtain your lab orders from your physician prior to your visit, then schedule an appointment with Medical Analysis to have your labs drawn – costs of labs are typically much lower at MedAnalysis.

Remember to take advantage of your wellness visits each year. By focusing on prevention, you have a major impact on your health.

Contact Select Administrative Services at 228-865-0514 with any questions you might have concerning your wellness coverage.



## Chamber's Officer of the Year



Detective Jason Auge was recognized as 2009 Officer of the Year for the Gulfport Chamber of Commerce. A three year veteran of the police department, Auge was acknowledged for his dedication and work ethic, which has led to charges in numerous felony cases, including one of the most challenging murder investigations in recent memory leading to the criminal indictment of a murder suspect. He is described by his supervisor as, "one of the best and brightest detectives the Gulf Coast has to offer."

## Officers of the Month



Officer Gregory Peleaz (*at left*) was named Officer of the Month for December 2009. Peleaz, a two year veteran of the GPD is credited with conducting an investigation in a theft. That investigation led to several meth lab dump sites and the arrest of multiple suspects. Officer Peleaz, certified in dealing with hidden meth

labs, assisted in the identification, testing and clean-up of the sites. Around the same time, he generated over 100 citations, arrested eleven individuals and responded to over 300 calls for service. His supervisor says "I consider myself fortunate to work with employees such as Officer Peleaz; I foresee even more noteworthy accomplishments to come from his efforts."



Officer Chris Werner (*at left*) was recognized as Officer of the Month, January 2010. Werner has been with the police department for two years. In January, Werner solved two burglaries resulting in the arrest of the suspect. He also assisted in the recovery of a stolen vehicle from Long Beach after a foot chase

along Interstate 10. Additionally, Officer Werner responded to over 300 calls for service and arrested ten suspects including two felonies. His supervisor says that "Although by contemporary standards, Officer Werner is still a new officer; his job production is above standard and rivals that of a seasoned officer."

## Civilians of the Month



Barnes



Fox

Congratulations to Donna Fox and Angie Barnes for their joint recognition as civilian employees for the month of January. Donna is a 19 year veteran of the Gulfport Police Department and serves as the officer in charge of Dispatch. Angie is an 18 year veteran and is a Dispatch supervisor and training coordinator. In January, an audit of the Dispatch Center was conducted by an F.B.I. Audit Team to ensure compliance with their guidelines. Both Donna and Angie organized the preparation efforts, and GPD department received high marks during the audit process.



Congratulations, to Kerry Hall (*at left*) on his recognition as Civilian Employee of the Month for January. Kerry has been assigned as an Animal Control Officer for over a year. While working crowd control at the Orange Grove Mardi Gras parade, a small child had run into the path of a

moving float, and took quick action to prevent a tragic accident. His supervisor describes him as, "a highly motivated and dedicated employee that can be depended on to get the job done."

## Academy Graduates

In the State of Mississippi, a police recruit is required to attend a State sanctioned Academy to become certified and sanctioned with enforcement powers of State and local laws. The Academy runs ten weeks in length and includes classroom instruction and practical application of law enforcement skills in a scenario-type setting. The first class of 2010 graduated on Friday, March 12, 2010 and included four officers from the Gulfport :

- Patrolman Ahmed Elalighe
- Patrolman Benjamin Bentz
- Patrolman Bruce Archelle
- Patrolman Steven Brown



## Retirement



Congratulations to Sergeant Brian Stewart (*at left*) on his retirement. A 23-year veteran of the Gulfport Police Department, Brian served as a long standing mentor to many officers within the police department. Although he served in many roles throughout the years of his service, he will be most remembered for his role as a P.T. instructor at the police academy and for the exercise known as “boot beaters” – they will be a lasting icon for any officer who endured them. It is without question that his service was beneficial to the continued well being of the citizens of Gulfport. Best wishes to Brian and all of his future endeavors.

## Katrina CBDG Awards

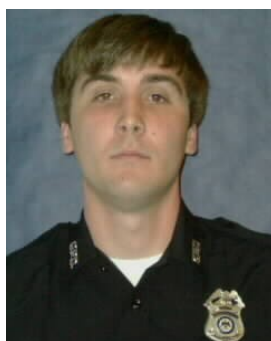
On March 25, Governor Barbour presented awards to Mississippi counties and municipalities with Hurricane Katrina long-term recovery projects funded through the \$5.4 billion federal hurricane recovery package administered by the Mississippi Development Authority Disaster Recovery Division (MDA DRD).

Awards were given for the best housing recovery project, best public work/infrastructure restoration project and best economic development project.

Karen McCarthy, Community Development Coordinator and Carey Bundt, Housing Programs Coordinator, took home honors for the best recovery housing project with the most innovative and efficient down payment assistance program.

Designed to incentivize post-Katrina home ownership in Gulfport, the City received more than \$9 million from the Katrina Recovery Package to create and administer the program. To date, assistance program has assisted some 176 households with the purchase of affordable homes in Gulfport, with more than \$8.5 million disbursed to city residents.

Congratulations to Karen and Carey for their work in creating and administering this program for the citizens of Gulfport.



Officer Trey Payne (*at left*) was recently awarded GPD's prestigious Life-saving Medal. On 11/20/09, Officer Payne responded to a search for an

elderly Alzheimer patient that had wandered away from home. Payne began looking in an area that had been missed during the search and located the victim in Brickyard Bayou, chin deep in mud and very cold water. Officer Payne jumped in the water and pulled her to safety. Officer Payne's quick thinking and unselfish actions were instrumental in saving the life of the victim.

## Your Pic (s)!

In our last edition, people seemed to like seeing all the employee pictures from the Black & Gold days. We'd like to continue this by incorporating as many employee pictures as possible in each edition. So we need your help...If you have snapshots of co-workers at work or at work functions (even ball games, or other events that many City employees attend), please send them [lgermany@gulfport-ms.gov](mailto:lgermany@gulfport-ms.gov). Be sure to identify each person in the picture and include where and when the picture was taken.

The deadlines for future editions are: **June 1<sup>st</sup>, August 1<sup>st</sup>, October 1<sup>st</sup>, December 1<sup>st</sup>**. Please help spread the word by sharing with your co-workers who may want to participate.

Let's have fun with our next newsletter! Scan & send your “throwback” pics— pictures from college, high school or earlier. We'll have a contest to see who can identify the most! Deadline is **June 1**.

## Urban Development in the Community

On March 11, 2010, representatives from the Urban Development Planning Division were guest speakers at the Gulf Coast Business Association. A guest presentation was given on Privilege Tax License procedure.

Isaac Williams, Planner I, attended the "Harrison County Transit Stakeholders Meeting" on March 24, 2010. The meeting reviewed CTA transit services throughout Harrison County, introduced recommendations to these services; those in attendance discussed future services and priorities.

## PROMOTIONS

**Brandon Bang**, Patrol Officer II  
**Matthew Boone**, Patrol Officer I  
**Jeffrey Duffield**, Patrol Officer II  
**Kenneth Goins**, Patrol Officer II  
**Michael Hauler**, Patrol Officer II  
**Wayne Kuehling**, Firefighter II  
**Wayne Miller**, Asst. City Engineer  
**Jeremy Necaise**, Patrol Officer II  
**Nicholas Olds**, Patrol Officer II  
**Trey Payne**, Patrol Officer II  
**Gregory Pelaz**, Patrol Officer II  
**Josef Smith**, Patrol Officer II

## BIRTHDAYS

### APRIL

2-Mark Headrick, John Ladner, Tamara Mills  
 3- Keith Bennett, Francis Yanok, D.J. Zeigler  
 4- Adam Cooper, Donna Fox, Craig Petersen  
 5- Kenneth Miller  
 7- Clint Fore  
 8- Edward Agent, Brad Fisher, Hugh Frazier, April Thompson  
 9- Kevin Govia, Lynn Hill, April Lizana, Ted Molesworth  
 10- Jay Dearmon, Kris Riemann, Nahoma White-Webb  
 11- Steven Kerns  
 12- Roy Culpepper  
 13- Kenneth Thomas  
 14- Ian Clark, Jimmie Lott, Jason Payne, Clayton Shaw  
 15- Tim Lawton, Merlissia Lewis  
 16- Trey Payne, Lee Seymour  
 17- Ray McDaniel, Cathy Remus  
 18- Helen Fasler  
 19- Wayne Payne  
 20- Darrel Bell, William McConnell  
 21- Amanda Schmidt  
 22- Jason Brandt, Joey McCorkle, Brenda Salloum  
 23- Klain Garriga  
 24- Jeremy Armstrong, Brian K. Smith  
 25- Patrick Sutherlin  
 26- Jarvis Burnette  
 27- Ryan Merrill, Edmond Salloum  
 28- Michael Kraus  
 29- Gregory Anderson, Michael Bond

### MAY

1-James Callais, Guillermo Gutierrez, Jim Halliday  
 2-Nette Alexander, Geoffrey Hittner, Michael McCoy, Terry O'Neal  
 4-Jeffrey Saucier, James Thornton  
 5-Bruce Archebelle  
 6-Lark Bennett, Derrick Reed  
 7- David Ryle  
 10-Lisa Bradley, Kim Compton, Gary Pontheieux  
 11- Jonathan Self, Craig Wiggins, Patricia Wilder  
 12-Kirk Clark, Mike Miller, Mike Necaise  
 13- Curtis Prestwood  
 14-Lueville Cuffee  
 15-Justin Amacker, Linda Ladner, Ashley Watts  
 16-Brandon Clark, Gregory Landry  
 17-Samuel Jewell  
 18-Charles Pettway, Kenneth Landell  
 19-Robert Waldrop  
 20-Leonard Papania, Anita Petty  
 21- Felicia Burkes, Michael Kamien, Blake Smith  
 22- Billy Bragg, Marcus Oster  
 23-Larry Burkhalter, James Griffin  
 25-Lonnie Bobinger, Jack Dickens  
 28-Anita Jones  
 29-Kenneth Chandler  
 30- Frances Chamberlain, Chiron Hosley  
 31- John Cuevas, Josh Skaggs, James Vaughan, Brad Ward